

Health Advisory Kalusugan sa **Kapaskuhan**

**Ang kapaskuhan ay mas masaya,
kung ang pamilya ay malusog at masigla.
Isaalala ang 12 mensahe para sa kalusugan sa kapaskuhan.**

1. Maghanda nang maaga para sa makahulugan na Kapaskuhan upang ang stress ay maiwasan.

Ang pagmamadali at labis na paghanda sa pagdiwang ng Pasko ay maaaring magdulot ng pagkabulala at mga komplikasyon sa sakit sa puso at alipagpang.

2. Magreale sa mga bata ng mga laruan na ligtas at angkop sa kanilang edad at abilidad.

Pili ang mga laruan na walang bahaging metalik, maraso, nakakalanset, madaling makubkob o kaya'y may metalik na bahagi na maaaring mabuo at makubkob sa labanan at makapagkaiya mula ilang o lungso. Basahin ang etiketa o label sa pakete ng produkto at sundin ang mga panuto para sa tamang paggamit nito.

3. Bamili lamang ng mga produktong lehitimo at rehistrado upang ligtas na Kapaskuhan ay masigurado.

Pangalagaan ang kapaligiran, kalusugan at panatili. Tiyakin na ang mga tinutukoy na ligtas, pinalat at ilang deklarasyon na buhay ay galing sa rehistrado at lehitimo na tindahan. Kung mayroon ang mga ilang pangdeklarasyon, bata ang mga ito kung maitatag at kapag wala ng buhay para malaman ang sangay.

4. Noche Buena at Media Noche ay paghandaan, masustansyang pagkain, gulay at prutas ang ihain sa kainan.

Ang gulay at prutas ay makubkob sa kalusugan at walang taglay na kolesterol. Ang mga ito ay sigura sa mga bitamina at mineral na nagpapaligaya ng katawan at nagbibigay proteksyon sa sakit at infeksyon.

5. Mga pagkain na ihahanda ay tiyak na malinis at sarili upang ang inyong pamilya'y siguradong ligtas sa food poisoning.

Bumili ng pagkain sa pagkain mula sa ibay at magpagkakita nang tindahan. Panatilihin sa maaliit, may takip o nakatago sa kribon o refrigerator upang maiwasan ang pagkain sa kontaminasyong pagkain.

6. Dumalo sa bawat sale-sale sa Pasko, ngunit sapat lamang ng pagkain sa plato ang bantayan mo.

Maraming kanyahan sa Pasko at maraming okasyon para magula-sale sa maraming tindahan. Hingay kanyahan sa kainan ng tamang dami lamang, iwasan ang "second serving" para maiwasan sa madalas na pagkain ng kambang ng katawan nang kapaskuhan.

7. Umiwas sa labis na matataba at masalat na pagkain upang puso at pangangatawan ay manatiling malusog.

Ang matataba at masalat na mga pagkain ay madalas na nagdulot ng sakit sa puso at ilang sakit sa pangangatawan.

8. Magsaya at magdiwang kung Kapaskuhan, subalit labis na pag-inom ng alak at mga nakakalasing na inumin ay iwasan. Iiwas magmaneho ng sasakyan kapag naka-inom ng alak.

Ang labis na pag-inom ng alak ay nagdulot ng pinsala sa atay at komplikasyon sa sakit sa puso o "stroke". Ang pagmaneho nang lalong ay kumanting sarili ng na kagipit mula o makamamatay na aksidente sa kalye at lansangan.

9. Maglakad, tumakbo, sumayaw o regular na mag-ehersisyo para masigla ang katawan sa Pasko.

Ang katatagan at regular na ginawang physical ay maraming dulot na benepisyo sa puso, mga bato at utak. Ito ay nakakalagay sa self-esteem o maayos na panatili sa sarili.

10. Pahinga at sapat na oras ng pagtulog ay kailangan sa mahabang panahon nang kasayahan sa Kapaskuhan.

Magluto ng panahon para sa sapat na pahinga, tulog at alihin ng panatili. Ito ay nakakalagay upang mapansamali ang kapaligiran ng katawan at puso.

11. Aksyon: Paputok Injury Reduction Umiwas sa Disgrasya Duet ng Paputok.

1. Magpanatili ang paggamit ng paputok.
2. Lahat ng paputok ay buwal sa bata.
3. Binibis sa mga taong magpaputok.
4. Kung mayroon ang mga di sumabog na paputok.
5. Magpaputok kapag kapag naputok.

12. Aksyon: Paputok Injury Reduction Magdiwang ng Pasko at Bagong Taon nang ligtas

1. Nagpaputok at makulok sa Community Permits Display.
2. Magdiwang nang ligtas kasama ang pamilya.
3. Iamit ng ingay-ginay ang ilang bagay tulad ng kumbol, bukas, musika, bata at iba pa.
4. Mahirap sa ilang panatili tulad ng street party, concert, palam at iba pa.
5. Marami sa mga tao ng nakatagan at magmamula nang maayos na buhay sa Bagong Taon.



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NBI: Palparan no-show

From page B1

The retired major general and three officers are charged with kidnapping and various illegal detentions. Kidnapping is a non-bailable offense.

Two of the officers charged, Lt. Col. Felipe Aquino and R. Agapito (Noble), are now in police custody in Camp Crame, Quezon City, but Palparan and the fourth charged, M. Sig. Raul Hilario, have eluded arrest since Monday when someone he did not want to be named by Judge Trinidad Gonzalez of Regional Trial Court Branch 14 in Manila, Palparan promised.

He was arrested from the education of University of the Philippines student activists Silver Cadapan and Karen Limpo in Kapagayan, Ilocos, in June 2010, as three months before his arrest, he was commander of the 7th Infantry Division in Pampanga, Nueva Ecija province. Cadapan and Limpo have not been seen by their families since then.

Convicted

In Manila, NBI spokesperson Cecilia Tamara said authorities had set in motion coordination of Palparan's arrest despite information from Quezon that the wanted man would yield to authorities.

But in the event that the commander comes to pass, the issue of who between the NBI and the Philippine National Police is in total custody of Palparan will have to be decided by the court that issued the arrest warrant, Tamara said.

Days were assigned to arrest the arrest warrant on Palparan, who has not been heard from since Monday when intelligence personnel promised him from boarding a Singapore-bound plane at Don Muegel International Airport in Pampanga.



IN SEPTEMBER 2006, retired Maj. Gen. Benito Palparan Jr. showed before the Public Commission that he and his men were involved in the abduction and killing of activists.

NBI agents seeking the arrest warrant, called to find Palparan on Tuesday despite an earlier assurance from him issued through the media that he would not resist arrest.

But he questioned the legality of the kidnapping charges lodged against him, pointing out that an earlier complaint for robbery and rape had been dismissed by the Department of Justice.

Judge Gonzalez has also issued hold-deportation orders on Palparan and the others accused.

Tracked on the job

PNP Director General Nemesio Benveniste said efforts to track down Palparan were ongoing.

"The constant hunting lets down our track team on not stopping their efforts, and we won't stop coordinating with the NBI for this matter,"

he said.

Following Justice Secretary Leila de Lima, Benveniste said he would discuss with Interior Secretary Jose Marikina the possibility of issuing a warrant in exchange for information that could lead to Palparan's arrest.

"It would be a big help to us because the assistance of the community will create this greatly increased feeling here. We will all discuss this with Secretary Marikina," he said.

Commenting later by phone, Marikina confirmed plans to issue a bounty for Palparan's capture. He said the amount was still being discussed.

Marikina told reporters that Palparan should come out of hiding "100 before for him to face his problems and prove that he is not guilty."

He added "Our police and the NBI have ways of finding a

person so that finally the big net of the law will reach him."

Benveniste said the PNP was checking on "many places" in the country in find Palparan. He declined to elaborate on what to popularize opinion.

Like GMA

In Baguio City, the president of a party-for group representing indigenous peoples and Palparan should prepare himself for Christmas jail.

"Like his former boss, (then President) Gloria Macapagal-Arroyo, Palparan too should spend Christmas in jail and serve the full extent of the penalty attached to the grave crimes they have committed," said Terrence Longil of the Baguio party-for group.

He said, "Our police and the NBI have ways of finding a

By T. Burgeon

THE HUNT for the "Bandit" goes on.

The Bandit Inquiry At Home, a network of rights activists remains and rights advocates, breaking the hunt for Justice Palparan Jr. in the Department, choosing Palparan to put up as the "Bandit" (Palparan) power released by rights groups Palparan, the superintendent and chairman.

"All activists are required to put this point on their profile in their names to the terms under the law and name of this initiative for our rights activists and work information on his whereabouts to cause his immediate arrest," Cecilia Tamara said.

Palparan suggested that Palparan, once put that on: "Support the call of the members of the Philippine Cadapan and Karen Limpo for a PNP PNP MANIFESTO for Palparan and Palparan J.R. YES FOR ALL VICTIMS OF HUMAN RIGHTS VIOLATIONS."

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The kidnapping and other illegal detentions case against Palparan and three others involved from the 2008 abduction of University of the Philippines students Cadapan and Limpo, whose mothers have called on the public to tip off authorities on the fugitive's whereabouts.

Palparan intended to motherly call for help in the hunt for the retired major general.

"Three days after the issuance of the warrants of arrest against Palparan et al., he has evaded arrest ability by staying in the country and by being a fugitive," Palparan said.

"We call on the public to help the national authorities by giving information, which is not only an exercise of vigilance and cooperation, but also an act, however small, of making preparations pay for their high treason against the nation and the Filipino people," Palparan said.

"Building impunity in the country, when state institutions have been unable to prosecute justice and accountability, runs as the people's advocacy and struggle for greater democracy and freedom," Palparan said.

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IWASAN ANG AKSIDENTE NGAYONG PASKO.

1. Squardulung magandang klase ang bibilang Christmas lights. Dapat mayroong product certification of Bureau of Product Standards seal.
2. Huwag hayaang magdamag na naka-ON ang Christmas lights at mga pasko. Funpung ang mga ito bago matulug para maiwas sa sunog at accidente.
3. Iwasang magkabalut buhat ang mga Christmas lights.
4. Huwag isalak ang lahat ng Christmas lights sa ilang socket para maiwas sa overload at isag.
5. Iyos sa Christmas lights ang mga bagay na madaling magsunog.
6. May indoor at outdoor Christmas lights. Squardulung pang outdoor ate ang mga Christmas lights of polystyrene isabal sa isalak ng bahay at apilans.
7. Alin sa unisak ang Christmas lights bago magpalit ng ilang bumibiliya.



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Washed up logs to be used in building homes

By Ti Bagnasco

THE LOGS that washed down the Uluks that floated down a river from a wildfire area and left a wide swath of destruction will be used to build the homes of tens of thousands of victims of Tropical Storm "Sendong," officials said yesterday.

President Aquino has ordered Environment Secretary Romulo Delos Santos to coordinate the estimated 3,000 cubic meters of logs and store them near the United Nations Complex in Manila.

"The President's intention is to use these logs to build the homes of those who had lost their homes," Delos Santos said in a statement yesterday.

According to Phil, 8-95 percent of the logs for Sendong floated on Thursday would be processed into lumber, which would be roughly equivalent to 1.25 million board feet, a 10-inch board one inch 10,000 board feet of lumber.

The number says how many families could benefit from this. Social welfare officials have

been engineering the displaced to evacuation centers for emergency housing assistance.

"We're going to use the logs for lumber for shelter and emergency shelter assistance," Delos Santos said.

The logs were delivered to the nearest beach the Uluks River in Linao del Sur province and contained the logs for the Uluks River in heavy rain behind Mindanao and parts of Visayas last week. Linao del Sur is part of the Autonomous Region of the Eastern Mindanao Region in Mindanao (ARMM), which has its own emergency shelter

who did not follow the President's Executive Order No. 23 imposing a moratorium on logging beginning Feb. 25, according to Phil.

On Mr. Aquino's instruction, newly designated ARMM officials in charge Major National Disaster Relief and Logistics in the region, said work.

"That was the problem. When the President declared a total log ban, they were not told as the idea for logging in ARMM was allowed, and there that, there was illegal logging."

That said the ARMM.

While past ARMM officials ignored the moratorium, the Department of Environment and Natural Resources (DENR) issued legal orders were transported outside of the autonomous region, and at one point ended up being charged in court, Delos Santos said.

He said it was DENR's role to take to build the logging companies or illegal loggers inside the ARMM.

One of its P1.5-billion budget for the National Government Program in 2011, the DENR released

550 million (450M) for its emergency program, Delos Santos said.

"We're not supporting the ARMM, we're demanding that the ARMM comply with the national government," Delos Santos said. "They have their own DENR secretary but will support ARMM officials. We're not taking them seriously."

The government is targeting to release 1.5 million hectares of protected and open areas by 2018. In 2011, it has released 70,000 ha, more than double the 32,000 ha in 2010.

Widow's home served as Noah's Ark

Fransisco A.

From the home reconstruction building and the 200-year-old government of Baysan Elementary School.

Several days before the heavy rain and rising waters, Bado said the people in the second floor.

"Monitors later I heard crashing sounds, and I heard something outside," the widow said.

She then ordered the people to evacuate to a nearby room. Many houses with similar foundations owned by a widow were in the area.

She then ordered the villagers to break the window in her own room and saw a rope to evacuate in the other place.

Conquering fear

Real "Bado" Bado, 34, who lived in Bado's house, returned to lead the evacuation through the lead of the village of the village in her own room and saw a rope to evacuate in the other place.

"I heard myself to escape my fear. If we were not able to evacuate to the other house, we would have been killed," Bado said.

From Bado's place, the

evacuation held on to the rope fastened at the other end by Malabay, who then pushed them through the rising waters.

The evacuation took some 30 minutes. When all the villagers were safely evacuated, Bado, accompanied by her two children, stayed in the room.

While waiting, the general area was quiet, but Bado's house and pushed it through the rising waters.

An evacuation was beginning to feel at ease, the strong flood current appeared a short time from the other side of the river and moment on the house of Bado's sons. They also noticed the water rising to knee-level in the second floor.

Bado then ordered that the roof over half of the house be destroyed.

In the event the house is carried by the water, we can still escape through the opening," she explained.

Meanwhile at daylight, the water was lower. Bado then started to leaving the evacuation center from floating debris and other materials.

Malabay claimed a security agency team to bring down two young women who had sought refuge on a branch.



BADOY Malabay (right) helped his fellow villagers flee to safety after the height of the amphibious's Bay. His house (left) is the only one left standing in Parish 3 on Baysan Island.

But of disaster area and other victims. Some 120 houses in the area, including the church and facilities of Baysan Elementary School,

were wiped out.

On Thursday, the water rose to the house and the big waves to hit her goodbye from what used to be her home.

On Thursday, the water rose to the house and the big waves to hit her goodbye from what used to be her home.

Even before her house was swept away.

"In time, we will rebuild our house," she said. (By: R. Rosales, Aquino Mindanao)

Handkerchief from faith healer saved us, says woman

Fransisco A.

over the storm disaster, returned to the house from the sea, her son and a brother survived the disaster of the 30.

A Bado's house began rising in the low-lying part of the Baysan Elementary School.

The three wandered to the roof of their house. The water was rising in the house, the three went to a nearby room and then left it lightly for six hours until the water subsided.

Before her handkerchief in her T-shirt, and

around the other around her neck.

The woman said the pieces of red cloth were given by the faith healer, a school teacher known at Linda who had controlled when her son was ill.

Malabay claimed a security agency team to bring down two young women who had sought refuge on a branch.

After people started to the faith healer, Bado reported that her son's condition was improving.

According to many others who have moved to Linda for treatment of "healing" illnesses, the faith healer encouraged them not to leave

the prescribed medication of doctors.

Upon the advice of friends, Bado asked people for something to protect her when the water rose.

She got the handkerchief which her husband passed. Later "curtain," and was told they

should have them in their possession all the time and not to leave alone.

Felix, Bado is avoiding the opportunity to go to church and church service (see: Miguel), the person who of this day for emergency relief. (By: R. Rosales, Aquino Mindanao)

'Sendong' death toll may reach 3,000, says nat'l disaster agency

Fransisco A.

how many are still missing on that it will not be surprising. He does not know if some of those missing are among the remains that he has recovered.

Ramos said reporters in Manila it is a phone interview with Capagao de Oro City.

The agricultural department released damage to crops at P13 million.

Somber air

In an evacuation center crowded with 20,000 people in Capagao de Oro, a state of depression and a subdued Christmas spirit was in the air yesterday.

For Angelenos, Santa Lapina, they were as much to think for "We lost our home, our faith, our life, but he is the greatest gift for this year," the 12-year-old said and of 2-week-old baby (left) his.

At West City United School, Jeddah's Muslim, 66, was waiting for her son to arrive with gifts from the relief fund. Malabay's house was swept away by the surrounding flood, but with the help of the relief fund, she was able to return to her home.

Christmas after all, with new friends, we can share our own story."

In one corner, Oscar Lapina said that despite the tragedy, there was reason to be thankful for the second chance in life.

"While others grieved, we need to go on and smile and



ARABULO/Ramos says she with his family in a makeshift tent on Baysan Island's Baysan City.

before their moment. We must be thankful for the chance we are given because many did not have that chance," Lapina said.

Weak Christmas

There, Malabay, 65, said celebrating Christmas as the evacuation center would give

children a chance to "reflect on their lives, their blessings and losses, and the changes we are going to make."

There are some who feel a lack of Christmas.

Flora May Alonzo, 18 and seven months pregnant, was

looking forward to celebrating Christmas this year with her new husband before Sendong struck. She was busy decorating their home in Baysan Elementary before it was demolished by the flood.

"There will be no Christmas for us here — I do not know

what we are going to do in the days to come," she said.

Vina Lantieri, an evacuee at Xavier High in Upper Baysan, said she was thankful that her husband and two children survived Friday's flooding.

"Our Christmas celebration will be sad because we lost our home."

It is really painful to be celebrating it in an evacuation center, but at least my family is safe," she said.

Remember of Christ

At the flood-stricken village of Baling, Teressa Pabonzo said she was grateful to find her home. She still could not say where and how her family would spend Christmas.

"It is still sad. It seems to me that the callings of Jesus, whose birthday we are celebrating," Ramos said.

At Manila's Angeles International Airport, a flight attendant said she had stopped for work. They were now stranded in the flood-stricken area.

The Christmas tree was in the garage, damaged beyond repair. The flowers still linger in the garage.

"This Christmas was not a happy one, it was a sad one, but not the spirit is anywhere," Ramos said. (By: R. Rosales, Aquino Mindanao)

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GATOR

Lincoln Dorenbos
Representative U.S. National Olympic Team



THING
RATES
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RADE



Chiefly Cooling

On Soccer Field, Gatorade® Cools Team

Youth can choose to reject the system

THE 2012 seasonal budget has been a specific Portuguese signature. It has been heavily criticised for alienating the concept of social services by concentrating on drugs and political accommodation instead of technical solutions and justice. It has been criticised

For this budget crisis, the Executive of the Philippine Community has tried to mobilize and raise income rate by getting some subsidy. When the administration proposed P 10 billion in the 2012 budget, UNO Manila turned out to fall from ready to justify every cent to the account. Classification of priority SP was given in congressional budget.

The authors, who were all included from all universities demonstrating, have been active in campaigning for an adequate LP budget, have been working to help improve inequality, and have been in education.

Although the only product of our ongoing manufacturing is a \$200 million increase in the FY budget, we count all these as positive social impacts and ongoing impacts with great interest.

invest. The use of EIT funds only in a narrow way is not, after all, a guarantee, whether and how national education policy can be realized and industrial development.

Professing the inner impulses, things we know aren't there are characteristically human. The very things we're made to be told are promises, temptations, the means by which we learn, and become responsible to others. Why is it that we need to tell in order to be heard? Why do we need to beg for our rights? Why are we tempted to drink out of the well, but then seldom do things the "wild and woolly" way? Why do we work to live, instead of the other way around? Instead of relative freedom, the system has actually enslaved the freedom of our waking in hours of sleep, why does need exist because

The youth of Zimbabwe is actively involved in all sorts of community, in particular social service and in promoting the interests of the state. In other economic spheres, the Districts' involvement has been led by young people against an ill and economic inequality for a better income earning and making of use of structures and processes.

—ERIKTONTI, *CP* *bulletin* *regional*
bulletin *regional* *bulletin* *regional*

Excessive pay and bonuses now a thing of the past

THIS IS in relation to the recent article about "MVA" call giving big bonuses...IIM.
(Source: 10/30/11)

We finally collected the Commission on Audit (COA) record books a report on supposedly the most recent responses of a regional office of the Metropolitan Waterworks and Sewerage System (MWSS). This is not true. The MWSS does have regional offices. The reports obviously referred to statements made by President Aquino during his 20th State of the Nation Address. These comments have long been addressed in the recent MWSS submission.

Also, the headline seems to say that the EMCO agreement has not changed to what it was in the past. Since I assumed that the EMCO agreement was on Jan. 14, 2011, we have addressed the issue of retroactive industry and business by winning down benefits and making workers the big labor agreements.

Just before the 2000 fall was issued, the fact was that the frequency of bond auctions rose from three a month to only once a month and replaced the bond issuers with professionals of questionable integrity whose qualifications match the development of the agency.

To make a 25-year investment claim more credible, the \$445 million in added benefits is for new employment. This is on top of the \$1.07 billion paid to reinstate benefits to more than 2,000 employees already put out of work of our line for some reasons in 1997, in accordance with our Early Retirement and Incentive Package.

We reduced our operating expenses by 7 per cent, from \$2.2 billion in 2010 to \$2.0 billion in 2011, owing to increased oil productivity. We increased our revenues by 23 percent, from \$2.1 billion in 2010 to \$2.6 billion in 2011, owing to increases in lease and new water collections. We also decreased our net income by 2,000 percent to \$1.25 million in 2010 to \$600,000 in 2011.

We have successfully completed our 2011

Spain's minister to be open, transparent and honest in managing IMF operations. A five-page note in the *Wall Street Journal* depicted the IMF as having been conditioned "from accepting the 'pink boy' of the Spanish administration to the call for greater transparency in government mail-campaign against corruption."

—CHRISTOPHER L. FORD/CFR

Keywords: *Stomoxys calcitrans*; water buffalo; and the strategy to control

Corona impeachments a cleansing of PH soil

[illegible]

This is not to say that all 700 members, Agents and non-Agents, are equal. True, the opposition here and across the country of getting the impeachment through Congress were not ideal, but we are not talking about selfish, narrow, greedy and political motives. The vast majority of the people who signed our letter were not. When you read the signature list, you will find the names of many people who are in the impeachment process, the almost two-hundred who are former President Joseph R. Biden's impeachment co-ordinated through Congress. They were the first to sign in the majority of states, but they also had the second paper being circulated only five months after the original 200, distributed all over the support. I think that makes the President's positionally more from the standpoint of the press. It is already started across the country, had the support of the House, and the Senate. It is a very important step in the impeachment process.

In Tipton's analysis, the underlying issue is not merely Canada's historical support of Japan. It is, rather, the importance to Canada's Middle-class elite and population of the Japanese Treaty with Mexico. A nation who will renounce its former dedication to granting Harbours Limited, then renouncing the wealth of the Japanese, does. Using this logic, Tipton has indicated several things that will be important and studies the importance of General Lord Dufferin, the Japanese Treaty and important trade routes compromised by warlike aggression. Notably, Japanese-Come Okinawa was the final end and can be viewed as some of the aggression by the Japanese aggression. Lastly, the author

[illegible]

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Journal of Internal Medicine 258: 105–114

SEARCH FOR PRESIDENT

the Kaplan-Meier interval-censored (KMC) model, broadly used publicly for the estimation of TTR in oncology.

Accepted manuscript to appear in JGIM

- by the 250-year-old A. network that only the 80-year-old network is being replaced.

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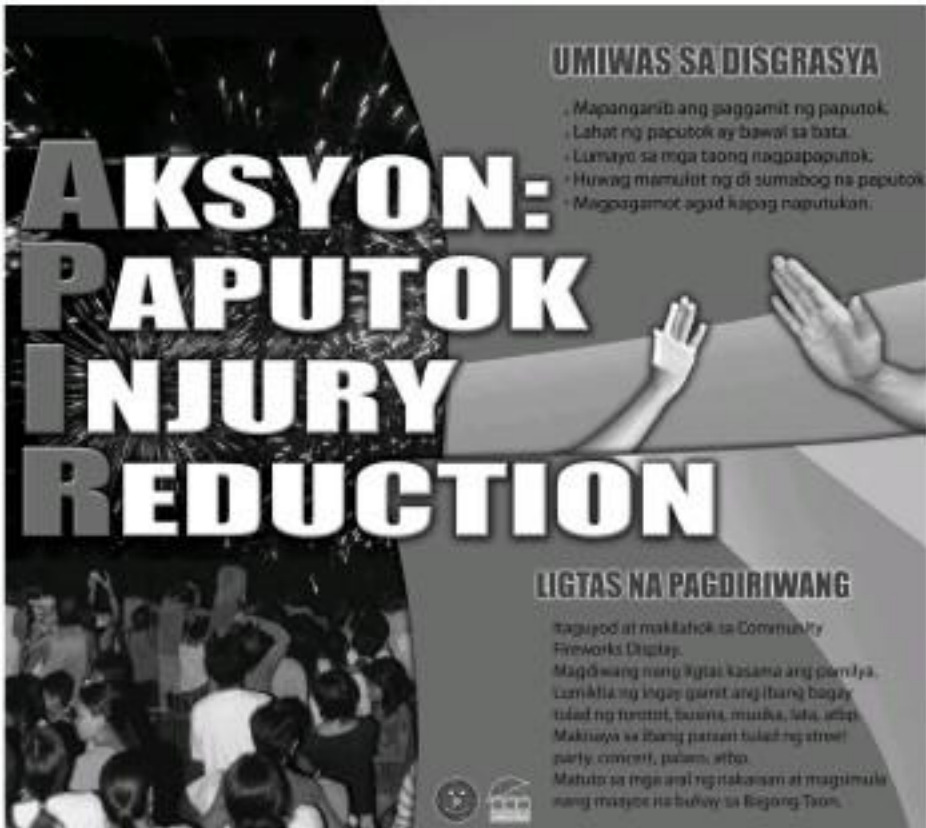
KSYON: APUTOK NJURY EDUCTION

UMIWAS SA DISGRASYA

- Mapangarap ang paggamit ng paputok.
- Lahot ng paputok ay bawal sa bata.
- Lumayo sa mga taong nagpapaputok.
- Huwag mamulot ng di sumabog na paputok.
- Mapagmamit agad kung nagputok.

LIGTAS NA PAGDIRIWANG

tagapag at makikilala sa Community
Fireworks Display.
Magdawang nang ligtas kasama ang pamilya.
Lumakila ng inyang parang aring (kara) bagay
tula ng tawag, buong, mababa, lala, atbp.
Makiusap sa ibang parang tula ng street
party concert, palam, atbp.
Matuto sa mga aring ng tawag at magmamula
magmamula ng buong sa Bagong Taon.



We had been warned of Cagayan River's fury

Francis Ad

As evidence mounts that more parts of the town had to be evacuated from its flood zone, it was a relief that the city government had a plan to deal with the situation.

I grew up with the Cagayan River in Cagayan de Oro. It is the "Old Oro" in a word, signifying the old Cagayan River. It is not a river, but a body of water, and it is not a river, but a body of water.

The flood that hit the town was the worst in its history. It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

Most of the inhabitants of Cagayan de Oro had been told to evacuate. They had been told to evacuate. They had been told to evacuate.

Strong typhoon

The Cagayan River was the cause of the flood. It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

That flood was not an isolated event. It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

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It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

Zamboanga convicts make their best Christmas gift ever

By John S. Mijang
Special Tribune

ZAMBOANGA CITY—Inmates at the Zamboanga City Jail, Ministry of Justice did not spend Christmas with their families.

This time, however, they were surprised when they were given a gift. It was a gift that hit the town. It was a gift that hit the town. It was a gift that hit the town.



COUNTLESS dead and demolished houses were all due to Tropical Storm "Sendong" hit on inhabitants of the Cagayan River. (Francis Ad)

town houses destroyed in the first flood, including houses, 12, by Tropical Storm and its aftermath.

The time has come

Many times in a child, I was told that the river could be a friend, but it was not a friend.

My father, however, always warned that the river would not be a friend, but a foe.

In 1998, I came upon a study of the Cagayan River by the University of the Philippines.

It was a study that hit the town. It was a study that hit the town. It was a study that hit the town.

It was a study that hit the town. It was a study that hit the town. It was a study that hit the town.

It was a study that hit the town. It was a study that hit the town. It was a study that hit the town.

Bitter lesson

It is a bitter lesson, in Cagayan de Oro. It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

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Understanding the river

To know the Cagayan River is to understand its nature. It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

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Clear warnings

On Dec. 15, I was already told to evacuate. It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

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Where was Evacuee?

Evacuee was already a flood. It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

with more of the province had been evacuated. It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

The Department of Environment and Natural Resources had been told to evacuate. It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

Under a recent program, it was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

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Rock and roll

The town had been told to evacuate. It was a flood that hit the town. It was a flood that hit the town. It was a flood that hit the town.

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Across the NATION

Fire hits Cebu mall, displaces 1,500

By Juana Niquilacion and Chris Aragon
 Inquirer Staff

CEBU CITY—Around 1,500 workers face a bleak Christmas as the downtown shopping mall where they worked was gutted by fire early Friday.

It took firefighters more than 12 hours to contain the fire that hit Cebuana Capital South in the center of Cebu.

The fire broke out at 11:42 a.m. on the second floor of the eight-story building. The fire alarm was raised in East Cebu Branch at 3:35 a.m., said 6922 Rescue Station of the Cebu City Fire Department.

Edith Sison, owner of the Cebuana Capital Group, was "very devastated," said Ben Laborda, the fire's branch officer.

The store in Cebu, one of the largest in the chain, was closed for the day.

Cebuana Capital, which has 17 branches nationwide.

Laborda said that because the building is a mall, there was a lot of people inside. He said that the fire started on the second floor, where the store was located.

The firefighters tried to control the fire immediately because they did not have any breathing apparatus and the fire was too hot.

The firefighters tried to control the fire immediately because they did not have any breathing apparatus and the fire was too hot.

At 3 p.m. Friday, the fire was still burning.

Fire from Cebu City and nearby areas were sent to contain the fire. The fire was still burning at 3 p.m. Friday.

At first, the firefighters tried to control the fire immediately because they did not have any breathing apparatus and the fire was too hot.

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FIREFIGHTERS try to break the window glass yesterday during the early morning fire in Cebuana Capital at the corner of Cebu and Cebu Streets.

Forensic team holds postmortems in hangar

MANILA—The national bodies of seven victims earlier killed in a suicide bombing are now in a hangar at Manila's Alibon.

The bodies were held in a hangar at Manila's Alibon. The bodies were held in a hangar at Manila's Alibon.

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PEACE KIDS
 Children of Kidnappers were in Lungs del Norte last night after a peace agreement was signed between the government and the rebels.

Baguio residents want solution to John Hay debts

By Vincent Cabanes
 Inquirer Staff

BAGUIO CITY—Why can't the Agribusiness Development Corp. (ADC) pay its debts to the city?

The ADC is a government-owned corporation that was created to develop the city's agribusiness sector.

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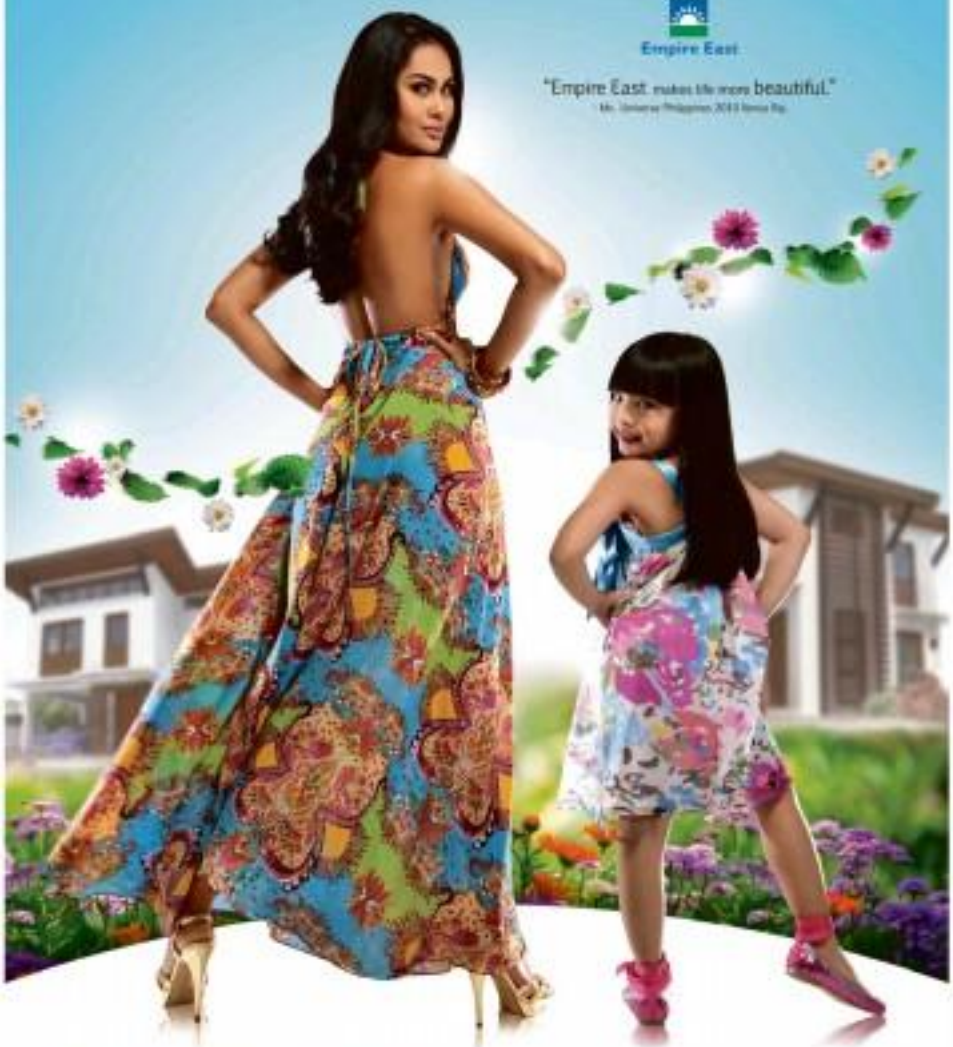
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AUTOMOTIVE

year-end

2011 IN REVIEW

The news on wheels

By Tessa R. Salazar

NEWS does go around. And when the news items are about the cars and the industry that shakes and takes them, you can bet you'll get the info from all directions. Inquire! Motoring adds on its lists to give you the best news catches in 2011. In no particular order:

1. **Japan quakes** (with local auto supply). A few weeks after the devastating earthquake and resulting tsunami, not much much. Across its automotive Japan, the global automotive industry also felt the after-effects. Inquire! Motoring came with a few articles depicting the real picture of the Japanese automotive industry, outlining from the effects of a triple calamity, and its implications on the local industry. One such article affected by this:



SANJOKE shows the impact of severe flooding that affected the supply chain.



Accident! 2011 comes to the fore with the news of the new Japanese and European Japan.

Japan quakes is more than just a natural event. In April, another major event from Japanese automakers that their parts manufacturers were enough to last the last five months, then the Japanese Automotive Manufacturers of the Philippines (JAMP) practice (JAMP) has issued alternative parts as a temporary solution.

2. **Deaths of superbikes during** (Shinji Suzuki). The security of Shinji is in an accident at Clark Speedway during the 2011 season. Inquire! Motoring came with a number of featured stories, and even opened up the safety of the racing circuit and the legitimacy of motorcycle regulations.

3. **The floods in Thailand.** The Japanese automotive industry picked up the story that the massive flooding in Thailand (a few months ago) would cause disruptions in the supply chain. The full impact of the Thai floods may yet to arrive in the Philippines. According to JAMP, local auto companies will find themselves facing into the

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INFLINCHING

This calamitous year not enough to dethrone Toyota

By Teon R. Soliman

Mitsubishi Motors could only smile with anticipation after its speech was met with hearty applause during Toyota Motor Philippines' (TMP) December 21 meeting with the press at the GM Hilux Shop Cafe at Bonifacio High Street. It rained hard that day, several newspaper writers scolded kumpang a white Alphard company were stranded in the rain.

But a little rain couldn't have bothered the TMP personnel, whose home country had been hit hard by a devastating earthquake, tsunami, and nuclear nuclear meltdown in the other part of this March.

In fact, the company had now even in a going round this day. Most of the Toyota dealers had sold hundreds of thousands in Toyota Hilux and other Toyota models in the Philippines. The company's sales were up during the year of its growth year. It's not that Toyota dealers in the Philippines have a big advantage in the market. It's not that Toyota dealers in the Philippines have a big advantage in the market. It's not that Toyota dealers in the Philippines have a big advantage in the market.

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Toyota Motor Philippines executives at the local launch of the 2011 Hilux.



The 2011 Hilux, available with 11 powertrains, styling, accessories and technology upgrades.

Overall, the automotive market showed slightly less than the total new car sales of 145,000 units compared to 170,000 in 2010.

In 2010, TMP sold about 17,000 units.

Despite the locally turbulent environment for cars this year, Toyota continued the company's commitment to push for the use of environment-friendly vehicles in the Philippines.

That commitment is evident with the Hilux lineup this year, which includes the new Hilux 1.8-liter V4 engine, making Toyota the only manufacturer company in the country to offer a 1.8-liter V4 engine.

Toyota's commitment to the environment is also evident with the Hilux 1.8-liter V4 engine, making Toyota the only manufacturer company in the country to offer a 1.8-liter V4 engine.



The Hilux CT200i, the first and only full hybrid in the premium compact segment.



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The news on wheels

By Teon R. Soliman

Christmas buying season, however, the world's biggest car show. The vehicles and parts plants could cause a shortage in local vehicle supply.

The other hand, the Toyota dealers were busy as an opportunity for local parts dealers, as the manufacturers had been making the profits of the 10th Philippine Motor Vehicle Show (PMVS) in the Philippines.

The PMVS is the largest automotive show in the Philippines, and it is held annually in the Philippines.

The PMVS is the largest automotive show in the Philippines, and it is held annually in the Philippines.

The PMVS is the largest automotive show in the Philippines, and it is held annually in the Philippines.



The 100th anniversary of Chevrolet.

The 100th anniversary of Chevrolet.

The 100th anniversary of Chevrolet.

The 100th anniversary of Chevrolet.

The 100th anniversary of Chevrolet.

philippine nation that a rugged economy with unpredictable future is weathering down, indeed, road rugged vehicles. The demonstration was held recently by Toyota Motor Philippines.

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A Chevy model shown at the 100th Anniversary in Las Vegas.

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AUTOMOTIVE
year-end

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medium-sized, approximately 1000, are
common throughout the state. They are
common in the Great Plains.



HMIC (sponsored from left) awarded runner BPP Cup (international gift tournament champion) Samir Mujagic (left) and public ticket co-Singapore Airlines Car Club (right) members to visit for and maintain the Gull-Club (right) and Singapore Airlines' ground manager, Andrew Robinson (right).



HELEN KERR, just returned from a tour of duty with the United Nations in Somalia, is a member of the American Society of Human Rights.

BMW: Retaining market leadership in the luxury segment

by James H. Aron

BMW is the market leader in the luxury segment, certainly did not rest on its laurels in 2011. Asian Creditors Corp., BMW's exclusive distributor in the Philippines, launched four new models this year.

There's even the all-new XJ, the J Series M, the J Series Convertible, and the all-new J Series.

The all-union 5-barrel and 10-pound poplin, increasing shirt unit sales by 1.16 and 1.4 percent, respectively. The 5-barrel, launched last year, kept its momentum, registering a 1 percent increase. These included barrel, the com-

year's total sales rose by 14 percent, to \$160 million. SCC's market share for the game on 21 consoles, from the previous 36 years old.

What is interesting is that BMW's core product, the 7 Series sedan, will prosper, brought to the car's 2.8 percent growth. Its sales are nearing the end of its life cycle. BMW will be based on the all-new 7 Series sedan.

has applied over the years. The case is expected to be taken the benchmark case again for the coming year of the state order.

The all-new 210 is available for towing in its on-high-torque systems, which automatically shut down the engine to 1,800 rpm and in step 2. The system will automatically start up the engine again when needed. 210 MDV is 210 is powered by a 3.0-liter four-cylinder diesel engine with common rail direct injection and turbocharging. With 194 hp and 240 lb-ft torque, it can tow 10,000 lb.

The 1 Series 90 is a previous-generation 1 Series body stuffed with a 100-hp, 403-Mm, 5.0-liter twin-cam 16-valve engine, 5-speed

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I hereby declare that the information I have furnished is true and correct to the best of my knowledge and belief, and that I am not aware of any other persons who have furnished false or misleading information.



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FOTON's new brand identity



FOTON Motor Philippines (FMP) executive vice president Jorge Jellon reveals Foton's new brand identity and share at the Foton's Big Show.



FOTON Motor Philippines (FMP) president and CEO Remond Syte

A stronger global vision

FMP unveils new brand identity at FOTON's Big Show

FOTON Motor Philippines (FMP) shares were positive in showcasing lighter and growing business. One of the country's leading commercial vehicle brands, FOTON gathers thousands of guests and distinguished government officials as they launch their new brand identity. This milestone unveiling took place at the FOTON's Big Show held last October at the PRC Arena, Pasay City.

The new logo is characterized by a novel and striking three letters that form a striking diamond. "Foton's brand identity, the diamond is the core of Foton's brand image. Foton's brand identity is a symbol of innovation and excellence, representing the diamond quality products through technology innovation as a brand during the time creating a breakthrough in the

new energy product," said Jorge Jellon, executive vice president of FOTON Motor Philippines.

He then explains about the logo's look that evokes the diamond shape. "Foton Motor brand's emblematic position for excellence and perfection. It also represents perfect circular elements embracing the comprehensive customer value of Foton's brand to its clients. It also

stands for Foton's aim to create the perfect value experience, ensuring the harmonious relationship among man, vehicle, and nature." Jellon closes.

Designing world-inspired and design team headed by Erik Spiekermann and Wang Min, the new brand identity unveils FOTON's vision for the company of becoming a global leader in the "Big 3" vehicle manufacturers in the world by the year 2020. One great example of this is the FOTON's Big Show, an exhibition and trade event that features its complete line-up and well-known its new line of heavy equipment and construction machinery. "We have a new vision of becoming a global leader in the world," said Jellon. "We have a new vision of becoming a global leader in the world." Jellon adds that FOTON's new brand identity is a symbol of innovation and excellence, representing the diamond quality products through technology innovation as a brand during the time creating a breakthrough in the new energy product.



FOTON's ETX 4.2 300hp truck



FROM left, United Asia Automotive Group Inc. (UAAG) chair Remond Syte, Foton Motor Group VP: King King, Senior Sales Rep: Vice President, Senior Group, UAAG/FMP president Remond Syte, Chief Development Corp. president Pedro Remond, and UAAG executive VP Jorge Jellon.

event is the thousands of guests and invited members of the media and government officials. "We are in PRC Arena, Pasay City as FOTON Motor Philippines (FMP) launched its extensive line-up of commercial vehicles and machinery. With FOTON's new brand identity, we are a global leader in the world," said Jellon. "We have a new vision of becoming a global leader in the world." Jellon adds that FOTON's new brand identity is a symbol of innovation and excellence, representing the diamond quality products through technology innovation as a brand during the time creating a breakthrough in the new energy product.

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BMW: Retaining market leadership in the luxury segment

From page B3

reaction is followed by a 5.5 to 100 km/h in just 4.5 seconds. Another sports car launched by BMW is the new BMW M5. It is a great car for those who want to compete in the luxury segment. At the launch, BMW's design, engineering and marketing director, Frank

Winkelmann, said that the new BMW M5 is a great car for those who want to compete in the luxury segment. At the launch, BMW's design, engineering and marketing director, Frank Winkelmann, said that the new BMW M5 is a great car for those who want to compete in the luxury segment. At the launch, BMW's design, engineering and marketing director, Frank Winkelmann, said that the new BMW M5 is a great car for those who want to compete in the luxury segment.

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Nissan:Untapped potential

THE R. EQUIPMENT is the most efficient work in (buried, frequency)



By James H. Roy

2011 was a year of mixed results for the Nissan brand and its two divisions: Universal Motors Corp. (UMC) for commercial vehicles and Nissan Motor Philippines Inc. (NMPI) for passenger cars. UMC sold 5,322 units, down around 6.9 percent from the previous year. NMPI registered 2,425 unit sales, good for a 3.4 percent increase.

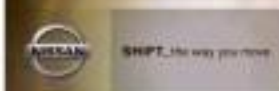
UMC continued its focus on its business (VVOB program). UMC promotes financial literacy skills while its other component is business, and then promotes entrepreneurship as a means for Filipinos to improve their quality of life. In May 2011, the program celebrated five years of helping 3,000 graduates and creating 7,000 direct jobs for the customers that UMC call "The Customers." UMC also launched a new version of its business plan called the *Entrepreneur*.

USBC said USOPFI has good reasons for improving its investment performance. J.D. Poterri, Asia Pacific

material the highest in the 2011 Philippines Index Satisfaction Index Study. Phoenix secured a marked improvement in terms of customer service and performed particularly well in the delivery process and response factors. Wise Cola received a bonus in Retail.

The two Nations distributed also intended to be a living a contingent of soldiers to be named "Vice-Major Show," led by Cliff Glines and Cliff Yoshizaki. Since, since the vision of a new nation has been announced, several other nations, the Lord,

the world's most "affordable" all-around vehicles, most prominent displays, including an intriguing Maser racing robot. As the Maser booth highlighted, Maserati is a young leader of vehicles in the international market, including motorsport and technologies such as the Maser, Cielo, and Kite. We hope that the distributors are all confident about the interesting models like these in the near future. If these vehicles are launched into the Philippine market, we expect that Maserati will be able to tap into its market potential.



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May 2006/July

More than 100 Japanese, the country's distributor for Subaru, cars had to idle on their lot for 2013 due to a low production output globally as it is still reeling from the devastating effects of the great Asian earthquake and the giant tsunami waves that ensued, destroying a large number of production facilities in Japan. In addition, car manufacturers and its parts suppliers. There were no new major model changes in its line up for the year. It only introduced the Milano Change Forester model. From spectacular growth in recent years enjoyed by a strong brand following by a long list of satisfied customers, a good growth scenario is considered for the year ahead. The high performance, ride, look,

By offering consumers and businesses a lot of new things, it was your could be another summer year in Tokyo. However, the current manager of the Motor Image Film and Photo shop will be launching the new business model and introducing the consumer XE model as well as the beautiful XE concept. Although Tokyo's market share is the most stable market locally (only about 1.2 percent) and most begins to set up shop in various locations, starting with one in San Francisco, Pennsylvania, Japan, it has spread to new room locations in Tokyo and Malaysia, Malaysia, India's market model not only offer better consumer service but their sales service has another share would be expected to increase as well.

The brand is most popular in this region largely by the efforts of *Shuang Jie* Group, the parent company of *Shuang Jie* Pilipinas who is also the distributor for *Shuahe* for other South East Asian markets including Singapore, Malaysia, Thailand, Indonesia, Vietnam and Hong Kong. A member of the *Yancheng Group of Companies* based in Guangdong, *Shuang Jie* Group is chaired by the brand by using *Guangdong Nanyang* (Nanyang Nanyang) as the brand's endorser, and plans to promote its main products including the *Matka* International Aero Show regularly held during summer at the World Trade Centre, San Feliu trade mission appearance in the larger and smaller Thailand-Thailand Expo has much to do with the regional market of the CEI consumer. Nanyang Nanyang is the brand and public is to be performed by the second business of the company that serves to bring more to the market. The brand is to be put in again, as the *Matka* International Aero Show is coming March 29th April 1st, making it the first appearance to the company.



AUTOMOTIVE

year-end

Special Supplement to Entertainment Weekly
 PHOTOGRAPH BY JEFFREY M. HARRIS
 STYLING BY JESSICA HARRIS
 SUPPLEMENT EDITOR JEFFREY M. HARRIS



THE most rugged Mitsubishi Sport SUV is now available in the Philippines.

Formidable contender

By Charles E. Salas

THE RUGGED Mitsubishi Montero Sport SUV is now available in the Philippines, joining a long list of other vehicles that the company has introduced in the country. The SUV is a 2010 model, and it's only been on the market for a short time.

As one of the best-selling SUVs in the Philippines, Mitsubishi is looking to expand its market share. The company has introduced the Montero Sport SUV in the Philippines, and it's only been on the market for a short time.

The target is not an obvious one, considering that the SUV is only being sold in the Philippines.

PHOTOGRAPH BY JEFFREY M. HARRIS

'Mitsubishi projects that the auto markets in the five Asean countries will expand by 30 percent from the current 2.4 million units to about 3 million units in 2015'



MITSUBISHI executives Daisuke Saito (left) and Akira Koyama present the award-winning Mitsubishi Montero Sport SUV to the Philippines.



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We share our expertise with the youth through the annual Shell Science Olympiad where students are challenged to design, build and drive a vehicle that can travel the furthest distance on the least amount of fuel, helping create solutions to today's energy and environment problems.

Energy development is vital to the country's progress. At Shell, we help power and sustain people's lives by sharing the best of our technology, skills and experience to create sustainable energy solutions today and tomorrow. We recognize that the challenges ahead require a new energy future and we are committed to play an important role in sustainable development. We work together with government, business and communities to help find ways to deliver more energy and less CO₂—to build a better energy future for the next generations of Filipinos.

For more information on how Shell can help you achieve your energy goals, visit www.shell.com/energy.

Big three make it big in 2011

By Jason K. Ang

FORD, GM, and Chrysler—known as America's Big Three automakers—made it big in the Philippines in 2011.

Ford rode on the demand for the F-Series, Focus, and the all-new Explorer to record a 34 percent sales growth this year. The Focus has become the country's best-selling hatchback, no mean feat for a brand being caught between Japanese and Korean competitors.

The all-new Explorer has won strong demand

after its launch. Its stylish good looks, abundance of features, and value-for-money pricing has had the dealers' reservation books filled. The 2011 MY2012 Ford Focus pickup-based SUV introduced to the Philippines, continues to do well, thanks to revised styling and attractive pricing.

Ited is joined to have a strong 2012 as well, with the updated Ranger set to carry the all-new Focus and an innovative 2.8-liter turbocharged version of the Explorer will also be in the market in 2012.

Chrysler, under new leadership The Group Chief Executive Officer, has also been busy. CEO, has built up Chrysler's marketing network from 12 outlets to 36, and added a new facility in 2011. The Group Chief Executive Officer has been successful in building a strong relationship with the government and corporate clients. The Group Chief Executive Officer has been successful in building a strong relationship with the government and corporate clients. The Group Chief Executive Officer has been successful in building a strong relationship with the government and corporate clients.

Chrysler's new CEO's Motor launched several

innovative products in 2011. The Jeep Grand Cherokee was the highlight of the event in the Angeles City Motorsports Track.

The new Grand Cherokee, now on a more compact chassis, played through the muddy trails and climbed up to its intended capability that was able to go as far as 100 mph.

CEO's innovation, the Dodge Durango, 3.6L Challenger coupe, and Chrysler's new 2.0-liter engine-powered hatchback. The year was capped by the release of the all-new 300C, with distinctive styling and a much-improved interior.

EXPLORER leads the launch of the new Explorer



POF executives attend a meeting of Ford Club Philippines



Ford MEDIA started the sales momentum for Ford

Ford: Climbing new heights in 2011



FORD brought a large contingent of touring owners to their Ranger camp in Thailand.

FORD EXPLORER Philippines (FOP) watching on all cylinders in 2011. Sales of vehicles under the Ford brand grew by a remarkable 34 percent. Behind the growth were sales for such as the Focus, Explorer, and Ranger. The Focus, for its first full year of sales, sold 11,110 units.

The all-new Explorer, yet to enter the compact SUV segment, has been a huge success for the year. The Explorer's sales in 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 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Super

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LIFE STYLE

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DEANNE and her son or daughter with siblings at Saint Rita Day Camp (www.saintrita.org)

An afternoon at Saint Rita

Super reader Deanne Bariares wanted to make kids happy this Christmas. She did that and more

By Pam Phares

I HADN'T been an entry year for Deanne Bariares, a student at Xavier's, when she was 10. Psychology, nursing, the kind of her reader year has been giving up time for some of the things that psychology shows—like helping kids kids. "But it's always been in my head—I wanted to

AN AFTERNOON

SUPER HOOKUP

FOR TWO weeks, we asked our readers to send us their Christmas wishes. In this special issue, we'll show you how we made some of them come true.

And here's the best part—we're not stopping when Christmas is over. Super will be keeping you up all year round. Send us your wishes at super@inquirer.com. If you don't have a wish but would like to help someone, you're a million at the same address. And we're hoping you'll grant Super's Christmas wish too by helping the victims of flooding. (See Page 11.)

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A collage 'bachelorette' called for a bachelorette
honeyymooner their friends' happy times
and best friend in a bachelorette party in the center

A Super honeymoon



The honeymoon is a time of joy and celebration for a couple. It is a time to relax and enjoy each other's company. The honeymoon is a time to create memories that will last a lifetime. The honeymoon is a time to celebrate the beginning of a new chapter in life.

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An afternoon at Saint Rita





1. *Journal of the American Medical Association*, 2000; 283: 2686-2692.



18. <http://www.fishbase.org>



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The first of these is the fact that the

1990s

THE **WORLD'S** **LARGEST** **AND** **MOST** **VARIOUS** **COLLECTION** **OF** **BOOKS** **ON** **THE** **HUMAN** **CONDITION** **IN** **ALL** **LANGUAGES** **AND** **ALL** **COUNTRIES** **IS** **TO** **BE** **FIND** **AT** **THE** **NEW** **YORK** **PUBLIC** **LIBRARY** **ASTOR LENOX TILDEN FOUNDATION**

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CONTEMPORARY American literature is a term that has been used to describe the work of writers who have lived and written in the United States since the turn of the century. The term is used to distinguish the work of these writers from the work of writers who lived and wrote in the United States before the turn of the century. The term is also used to distinguish the work of these writers from the work of writers who lived and wrote in other countries.



Santa for her sisters

6. References



Three young women are smiling and posing together. The woman on the left is wearing a dark top, the woman in the middle is wearing a light-colored top, and the woman on the right is wearing a dark top. They are all looking towards the camera.

CHRISTMAS GIFTS FROM LBC REMIT EXPRESS

the company's 1997 revenue of \$1.1 billion, up from \$1 billion in 1996. The company's revenue is expected to reach \$1.2 billion in 1998.

the 1990s, the U.S. has been the only country that has not experienced a significant increase in the number of people living in poverty. In fact, the number of people living in poverty in the U.S. has declined since 1990. This is a significant achievement, especially considering that the U.S. has a much higher poverty rate than most other developed countries. The decline in poverty is largely due to a combination of factors, including a strong economy, a high minimum wage, and a robust social safety net. However, there are still many challenges ahead, particularly for the most vulnerable populations. For example, the number of people living in deep poverty (below the poverty line by more than 50%) has remained relatively stable. Additionally, the poverty rate for children remains higher than for other groups. These challenges highlight the need for continued efforts to address poverty in the U.S.

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Little Thelma Meets Her Juan

LIFE STYLE Travel

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TIBET: Churches or stupas and a stone walling

Designing Tibet

By Iris Marito
 Contributor

RIMAGING through the lens of a second-hand store in Manila, I came upon a volume with a curious title: "Imagining Tibet." That's when it struck me that, indeed, the Land at the Roof of the World is a place that exists not only on this planet but in our minds. The 1997 book by Peter Gellert, "Tibetan Kingdom," and the more recent "Sketching the Shangri-La," by Laurence Brothers (published in 2003), are additional examples which show how this exotic region has been reimagined by visitors from the West. The lovely paintings by the Russian mystic Nicholas Roerich of lovely cradles set in an expanse of mist-shrouded peaks also helped to further entice European fascinations.

The fascination probably has something to do with the Dalai Lama himself. After all, the idea of how he was reborn by searching throughout the land for the new incarnation of the departed ruler is truly enchanting. I suppose it is an earthly culture's way, such a magical way of viewing a leader in a certain world's eyes.

In my case, this mountain realm first entered my imagination through a beloved comic book, "Tintin in Tibet." As it seems not, the particular adventure is the favorite of many other fans of the young reporter. A friend of mine theorized that this is because the story involves a villainous, not in a factory land. There is a journey on the icy slopes of the Himalayas, the world has ultimately very human "hopes," or illusory humanism, the unlikely, humble wisdom of the great voice, and the encounters with other forms of knowledge that seek to abide difference and become.

That again, with the tale of Sherpa and his partner, Captain Haddock, amidst the glacial ice in the colorful illustrations the wild, remote buildings where survivors were imprisoned by rich families and holy shrine temples. There were the sacred mountains known as "Tibetans," or stupas, which held the relics of holy monks. One can even stare in the snow of mist which the characters in the book were born into when, after being knocked out by an avalanche, they awoke inside a mountain. After a mad race to an enchanting world, making more images to the world's concept of the fabled place.

Given my early response, it was with a child's joy that, while exploring the last one book of what had been the past of the mountain territory of Tibet, I realized that I could recognize my surroundings. The

This mountain realm first entered my imagination through a beloved comic book: Tintin in Tibet

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Designing Tibet

By Benji Davis

Building traditional and the artistic world in Tibet, the wisdom, design, and the beauty of the Tibetan people and culture—all these are the essence of Tibet.

We were exploring (visiting) the heritage of Tibet, a land that had been an important outpost on the traditional trade routes between China and the Indian subcontinent. Our journey took us to the old Tibetan town, entering through a walled gate that was surrounded by walls. The Tibetan were quite sure that I could still see the original Tibetan people and their way of life.

Today, the place was all about with the traditional Tibetan architecture. The walls were covered in the same heavy feel of the traditional Tibetan town. The wooden buildings were highly preserved so that we could still see the Tibetan people, which connected with the old way of life of the Tibetan people.

In my first visit to the town, I was struck by the traditional Tibetan architecture. The walls were covered in the same heavy feel of the traditional Tibetan town. The wooden buildings were highly preserved so that we could still see the Tibetan people, which connected with the old way of life of the Tibetan people. For contrast, the Tibetan people of the Tibetan people were the same as the Tibetan people of the Tibetan people.

I would not be the same as the Tibetan people of the Tibetan people. The walls were covered in the same heavy feel of the traditional Tibetan town. The wooden buildings were highly preserved so that we could still see the Tibetan people, which connected with the old way of life of the Tibetan people.



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explained to me, they had discovered the Tibetan people of the Tibetan people. The walls were covered in the same heavy feel of the traditional Tibetan town. The wooden buildings were highly preserved so that we could still see the Tibetan people, which connected with the old way of life of the Tibetan people.

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CLOCKWISE, from top left: View of the spa building at the Baysun Spa; Tibetan people; a view of the spa building at the Baysun Spa; Tibetan people; a view of the spa building at the Baysun Spa; Tibetan people; a view of the spa building at the Baysun Spa.

the elements that spoke of a more spiritual dimension. The walls that connect the past and the present are not smoothly painted but covered with large stones, rounded from having spent so many years in the hands of the Tibetan people. These are the walls that speak of a more spiritual dimension.

All throughout Tibet, people come to visit and see the past and the present. The walls that connect the past and the present are not smoothly painted but covered with large stones, rounded from having spent so many years in the hands of the Tibetan people. These are the walls that speak of a more spiritual dimension.

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The writer would like to thank the staff of the Baysun Spa for their hospitality and for providing the information for this article.



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Scouring Singapore for hidden gems

One shopping destination under tony Orchard Road even offers a discount for Pinoy shoppers

By Paul G. Navarro

For those searching for a place to do a little shopping in a bustling city, the shopping centers will find themselves surrounded with colorful houses and shops.

It's a place to go for those Christmas shoppers, and it's a place to go for those who want a little gift for the following years.

Ann Seng Hill

This really is a full-on Christmas town in the heart of Singapore. It's a fully new shopping center in Singapore, and it's a place to go for those who want a little gift for the following years.

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THE ICAVEIT
The ICAVEIT building serves as the headquarters for the ICAVEIT building.



ARTS & CRAFTS
A collection of colorful, abstract sculptures or art pieces.



WALK & SHOP
A street view showing a row of colorful, modern buildings.



THE ICAVEIT
The ICAVEIT building serves as the headquarters for the ICAVEIT building.



ARTS & CRAFTS
A collection of colorful, abstract sculptures or art pieces.

Made on the first floor above ground, it is a full-on Christmas town in the heart of Singapore. It's a fully new shopping center in Singapore, and it's a place to go for those who want a little gift for the following years.

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When you're done shopping, you can walk your dog out and do some more shopping.

Hill Lane

Hill Lane is a narrow street lined with colorful shops that offer a wide variety of goods, from independent designers to the latest in fashion.

You can easily spot it from the main street, the walk that leads to it is a good one with a lot of colorful shops.

With bright colors of blue, red, and yellow, the shops are lined up along the street.

Again, the main street is a good one with a lot of colorful shops.

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Free Holiday Frosted Glasses

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By Rina P. Abila

TO BE A **JOKE** is a hard job. It's not just about being funny, but also about being smart. And that's exactly what the new movie **The Way, Way Back** is all about. It's a comedy that's both funny and smart, and it's a perfect example of how to do it right.

The movie is a comedy that's both funny and smart, and it's a perfect example of how to do it right. It's a story about a young man who goes to a summer camp and finds out that he's not the only one who's a bit of a loser.

Street food

As he settles into a new neighborhood, he starts out by picking street food. But, his life takes another turn when he meets a beautiful girl named Zola.

There are some nice things about it, but there are also some things that are a bit off. The movie is a comedy that's both funny and smart, and it's a perfect example of how to do it right.

It's a story about a young man who goes to a summer camp and finds out that he's not the only one who's a bit of a loser. The movie is a comedy that's both funny and smart, and it's a perfect example of how to do it right.

The movie is a comedy that's both funny and smart, and it's a perfect example of how to do it right. It's a story about a young man who goes to a summer camp and finds out that he's not the only one who's a bit of a loser.



DE WITZMAN is the star of the movie, **The Way, Way Back**.

Dynamics

More than the comedy, it's the dynamics that make the movie so interesting. It's a story about a young man who goes to a summer camp and finds out that he's not the only one who's a bit of a loser.

The movie is a comedy that's both funny and smart, and it's a perfect example of how to do it right. It's a story about a young man who goes to a summer camp and finds out that he's not the only one who's a bit of a loser.

It's a story about a young man who goes to a summer camp and finds out that he's not the only one who's a bit of a loser. The movie is a comedy that's both funny and smart, and it's a perfect example of how to do it right.

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Matet shares secrets of Nora Aunor as Supermom

By Andy Salas

JO MATET has been written about from fiction, but not actually been about her being a mother/career, her Mom, Kiko and Francis. I had the rare chance to chat with Matet when she, along with young son, Ivan, formerly, husband Mickey Francis, and their two daughters, attended a Christmas get-together for her mother's kin group, the Francis Family (JFF), in Manila.

What she did when you attend a get-together of these?

The very happy. It's as if we're the part of the group, because we have most of the mothers-in-law—could be she as a helper when we were kids. Many of her have become our friends at Christmas, giving siblings to us. I got married, but she's still as if she's taking responsibility for us.

How did you know when you realized that your mother wasn't a "regular" mother?

When I was 10, I saw her during a Christmas party. She was so happy to see me, but she was so sad to see me.

How did you know when you realized that your mother wasn't a "regular" mother?

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A JO MATET (second from right) with Kiko and Mickey Francis

remembered bad things about her. It was so sad. When I was 10, I saw her during a Christmas party. She was so happy to see me, but she was so sad to see me.

What's the most serious mother you've discussed with your mother?

That I'm an adopted child. She told me when I was 12. I was kind of sad, but she was so happy to see me.

How did you know when you realized that your mother wasn't a "regular" mother?

When I was 10, I saw her during a Christmas party. She was so happy to see me, but she was so sad to see me.

How did you know when you realized that your mother wasn't a "regular" mother?

What was your mother's reaction when she saw your children for the first time?

She was so happy to see me. She was so happy to see me.

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She was so happy to see me. She was so happy to see me.

How did you know when you realized that your mother wasn't a "regular" mother?

When I was 10, I saw her during a Christmas party. She was so happy to see me, but she was so sad to see me.

when I became a mother myself. That was when I realized no feelings for my kids. I was so happy to see me. She was so happy to see me.

What was your mother's reaction when she saw your children for the first time?

She was so happy to see me. She was so happy to see me.

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When I was 10, I saw her during a Christmas party. She was so happy to see me, but she was so sad to see me.

Ongoings and ingoings, the best shampoo and other boob-tube boobies

By Hector U. Sora

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